



## 21 Days of Fasting & Praying

Beginning Saturday, February 1, 2020 through Friday, February 21, 2020

You pick your Fasting Time

6:00 am - 12:00 Noon

12:00 Noon - 6:00 pm

6:00 pm - 12 Midnight

What is Fasting?

*“Willful abstaining from natural pleasures for a spiritual purpose. Devotion for a period of time to seek God’s priority.” - Dr. Miles Monroe*

You choose your Fast:

- ◆ You can fast from all food - drink just water (*seek doctors approval first*)
- ◆ You can fast from meat, sweets, sodas, junk food, etc.
- ◆ You can fast from social media, tv, video games, etc.

The point is to use this time of “*Prayer and Fasting*” to spend time in God’s presence and his word. As we remove some of life’s distractions and bring our bodies under subjection we will be able to hear from God more clearly, deepen our relationship with him and become more sensitive to the leading of the Holy Spirit.

If you are not sure what to pray for, consider the following suggestions:

- That our families will be healed, emotionally, spiritually and physically.
- That our government will recognize the importance of their duties, and decisions.
- That God will draw men and women who are far from Him, to his son Jesus.
- That Chosen Generation Church will be a place where God’s presence resides, strongholds are destroyed, lives are transformed and people grow spiritually.

*Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. Mark 11:24 (NIV)*

Anticipating a year filled with God's supernatural power in operation here on earth!

*Note: If you take medication requiring food please do not deviate from your doctors orders. For those under doctors care, please discuss with your physician before beginning your fast, especially as it pertains to dietary restrictions.*